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Serve a Complete School Lunch!

A complete school lunch consists of **five** different food items from four food components:



Meat/meat alternate



Vegetable/fruit
(2 or more different servings)



Bread/bread alternate



Fluid milk

05.

The components may be served separately:



or in combination dishes that contain more than one component:



“Offer Versus Serve” (OVS)

Senior high schools **must** implement OVS by offering a complete school lunch (all five food items) and allowing students to decline one or two items that they do not intend to eat. This means that students must take at least three of the five food items offered.

In junior high, middle, and elementary schools, the school food authorities decide whether to implement OVS and, if so, how many items the students may decline--two food items or only one food item.

In all grades, only the **student** can decide which item or items to decline.

NO. PRINTED DATE

NEW RPT SL. REV. REV.

REFER FNS PRICE 15



Offer 5, student chooses 3, 4, or 5.

Start the Day Right With School Breakfast!

A complete school breakfast consists of **four** different food items:



Fluid milk



Vegetable/
fruit or
full-strength
fruit juice or
vegetable
juice



Bread/
bread
alternate



Meat/meat
alternate



Any of the following combinations will meet the breakfast meal requirements:



Combination 1

- Fluid milk
- Vegetable/fruit or fruit juice or vegetable juice
- Meat/meat alternate
- Meat/meat alternate

Combination 2

- Fluid milk
- Vegetable/fruit or fruit juice or vegetable juice
- Bread/bread alternate
- Bread/bread alternate

Combination 3

- Fluid milk
- Vegetable/fruit or fruit juice or vegetable juice
- Meat/meat alternate
- Bread/bread alternate

“Offer Versus Serve” (OVS)

School food authorities may, but are not required to, implement **Offer Versus Serve** in their breakfast programs.

In schools implementing OVS, students are allowed to decline any **one** food item that they do not intend to eat. The declined item may be any **one** of the four items offered to the student.



Offer 4, student chooses 3 or 4.